

FOR IMMEDIATE RELEASE
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FIREFIGHTERS WARN OF DANGERS WITH RISING TEMPERATURES

GLENDALE, Ariz. –With rising temperatures, firefighters want you to know how to stay safe when summer temperatures climb above 110 degrees. Following these simple tips will help you survive the heat.

- **Do your daily exercise early, as well as yard work and avoid being outside during the hours of 11:00 AM through 5:00PM.**
- **Drink plenty of water before, during, and after any outside activity. Stay hydrated.**
- **Limit soda, caffeine, and alcohol during any outside activity.**
- **Wear a hat, and apply sunscreen to prevent sunburn.**
- **NEVER LEAVE CHILDREN OR YOUR PETS INSIDE OF**

A PARKED OR UNATTENDED VEHICLE.

TEMPERATURES MAY REACH 200 DEGREES OR

MORE IN JUST A FEW MINUTES AND WILL CAUSE

INJURY OR DEATH !!

- **BE PREPARED IF YOU TRAVEL OUT OF TOWN WITH**
- POSSIBLE ROAD CLOSURES OR LENGTHY DELAYS**
- DUE TO WILDFIRES, HAVE PLENTY OF WATER,**
- PORTABLE SHADE, UMBRELLAS ETC, AND A CELL**
- PHONE** . Call ahead to advise your family of a possible delay

- **! MORE !**

NEWS
Glendale, az

The Glendale
Fire Dept.
is a nationally
accredited
agency

The Glendale
Fire Dept.
responds to
more than 26,000
calls a year

Glendale
firefighters
remind you to
use supervision
around water

City of Glendale
Public Safety
6835 N. 57th Dr.
Glendale, AZ 85301
www.glendaleaz.com

- **Drink plenty of water even if you are in a pool. You are still vulnerable to de-hydration while swimming.**

Signs and symptoms of heat exhaustion include nausea, general weakness, dizziness, and body cramps. Cooling off, preferably indoors and re-hydrating your body may relieve this over time.

Signs and symptoms of heat stroke are hot flush skin, dizziness, nausea, cramps, and sometimes unconsciousness. This condition is much more serious, and may require immediate medical attention.

HAVE A SAFE WEEKEND AND STAY COOL.

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